



Rural mental health impacts of climate change

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Abstract:

This paper considers how climate change may affect rural Australian mental health. Rural Australians live with various systematic disadvantages and many feel marginalised; climate change, especially drought, has worsened this. With drier conditions and more severe droughts expected in much of southern and eastern Australia over coming decades, and the demands for change and adaptation that this will present, we urgently need to understand the likely consequences for the mental health and wellbeing of people in rural Australia. Existing knowledge can guide us through understanding likely mental health impacts of acute environmental events, such as natural disasters, but less is known about what chronic long-term environmental changes, such as drought, have brought in recent years. While we know how community and social factors affect mental health, and how best to help people cope with change or respond to health risks, we will need to apply such knowledge to this novel issue of climate change. In the expectation of more and generally worse adverse weather events, policy for rural mental health will need to (i) plan for consistent, long-term sustainability and adaptation, not reacting to each event as if it occurs in isolation, and (ii) be aware that social and economic factors -- which climate change will affect -- shape mental health.

Source:

[http://www.garnautreview.org.au/CA25734E0016A131/WebObj/03-DMentalhealth/\\$File/03-D%20Mental%20health.pdf](http://www.garnautreview.org.au/CA25734E0016A131/WebObj/03-DMentalhealth/$File/03-D%20Mental%20health.pdf)

Resource Description

Exposure :

weather or climate related pathway by which climate change affects health

Extreme Weather Event, Food/Water Security, Food/Water Security, Meteorological Factors, Temperature

Extreme Weather Event: Drought

Food/Water Security: Agricultural Productivity, Livestock Productivity

Temperature: Extreme Heat

Geographic Feature:

resource focuses on specific type of geography

Rural

Geographic Location:

resource focuses on specific location

Non-United States

Climate Change and Human Health Literature Portal

Non-United States: Australasia

Health Co-Benefit/Co-Harm (Adaption/Mitigation): 

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

Health Impact: 

specification of health effect or disease related to climate change exposure

Injury, Mental Health/Stress

Mental Health Effect/Stress: Mood Disorder

Intervention: 

strategy to prepare for or reduce the impact of climate change on health

A focus of content

Mitigation/Adaptation: 

mitigation or adaptation strategy is a focus of resource

Adaptation


Model/Methodology: 

type of model used or methodology development is a focus of resource

Cost/Economic, Other Projection Model/Methodology

Other Projection Model/Methodology: discussion only

Population of Concern: A focus of content

Population of Concern: 

populations at particular risk or vulnerability to climate change impacts

Racial/Ethnic Subgroup, Workers

Other Racial/Ethnic Subgroup: indigenous Australians

Other Vulnerable Population: farmers

Resource Type: 

format or standard characteristic of resource

Review

Resilience: 

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

Timescale: 

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment:

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content